



Break Through Your Set Point

Finally Lose the Weight and Keep it Off!

Lesson Seven



Lesson Seven Topics

Welcome to Week 7 of the BTYSP program!

- » Last week we focused on learning strategies to stress less and sleep more. In addition to your own personal goals, your session 6 BTYSP Tasks were to complete your daily tracking, weigh yourself daily, measure foods, assess portion sizes, make substitutions to lower calories and fat. It was also important for you to notice your stress and sleep levels last week.

Goals Achieved

Date	Goal/Description	Strategies that helped me meet my goal

Goals in Progress

Date	Goal/Description	What helped/hindered me this week

Problem Solving

- » Making positive behavior changes takes time and effort and you will inevitably run into a few trouble spots along the way. Let's look at some strategies for problem solving when barriers arise:

Be more mindful

The first step in problem solving is essentially being mindful of the fact that there is a "problem." Once you learn to stay focused in the present moment and take time to notice new things, barriers to healthy eating will come into focus. Take time to appreciate sensual pleasures and wonders, like the smell of a pine forest or the taste of a mango.

Here are a few more strategies:

4-bite rule

Do you really want that whole piece of pie? Think back to the times you have eaten the whole piece. Was the first bite as enjoyable as the last? Not usually. The first 4 bites are the most flavorful bites and from there we move to autopilot eating. Try being mindful of your first 4 bites, savoring each one, then push the plate away or share with a friend. You will still feel satisfied and yet save calories.

Relaxing atmosphere

Create a relaxing ambiance at meals-light a candle or set out nice placemats.

Set your mind on portions before you snack

If put in a situation where you are in front of a plate of cookies or candy, set your mind on having a certain number of servings that you feel comfortable with (i.e. not deprived, but not guilty either). For you this might be two cookies or one handful of party mix. Set the number in your head, enjoy the treat and walk away satisfied.

Looking back to move forward

Behavior chains are a series of sometimes minor events that lead to an undesirable outcome, like overeating. By looking back at what occurred before you overate, you can re-create your own behavior chain and

Break Through Moment: The Mindful Bite

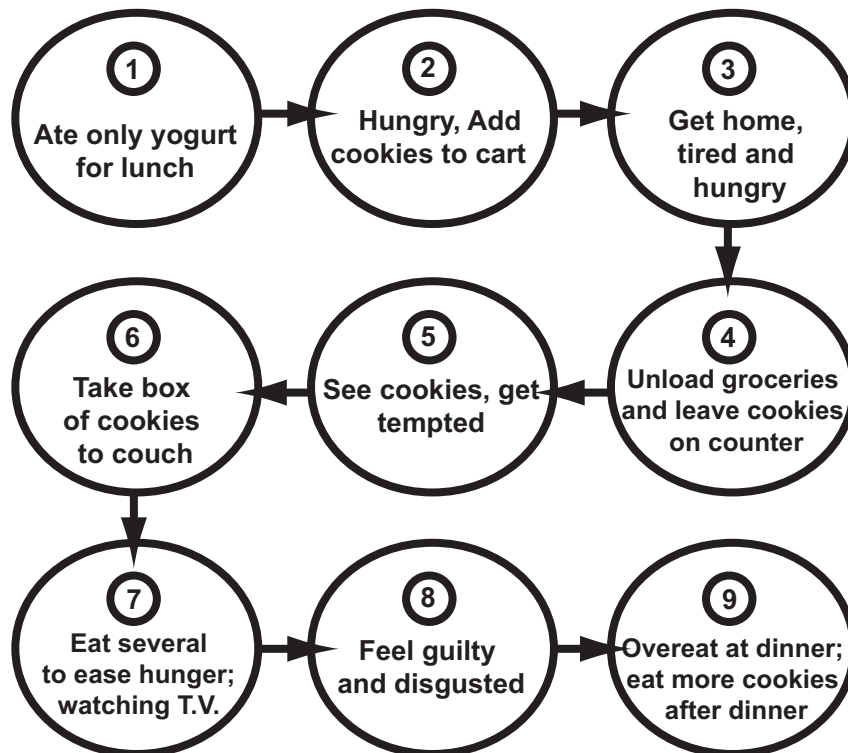
Grab a small sample of a food you have handy.

Take a slow mindful bite, taking time to enjoy the flavors, texture and consistency. After your first bite write down some of your thoughts on the sample item.

For example: How did it taste? What did you enjoy about it? What changed about the food from the start to the finish of the bite?

Take a few more bites, while you continue with the lesson. After a moment take a minute to think about these questions:

1. Did you notice any differences between how you ate the first bite vs. the last bite?
2. What types of bites do you think you take usually when you eat: mindful or mindless?



see where you may have taken a misstep and make a plan to prevent it from happening again.

Break Through Moment: Breaking Through the Behavior Chain

Take a look at the behavior chain above. Let's brainstorm ways that this person could have broken the chain at each link:

Link 1: _____

Link 2: _____

Link 3: _____

Link 4: _____

Link 5: _____

Link 6: _____

Link 7: _____

Link 8: _____

Link 9: _____

Lesson 7: Weekly Tasks

- » Continue to keep track of your daily intake and assess R-K-O status and daily weight
- » Continue using Eat Less, Eat Well, Stress Less strategies from previous weeks
- » Be more mindful at each meal.
- » Be aware of your behavior chains and strategize on how to break the links.
- » Record any questions, thoughts or feelings you have throughout the week to share during the group chat.



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Lesson Seven Activity Workbook



Lesson Seven Weekly Topics and Activities

This Week's Topics

- » Strategies for Mindful Eating
- » Looking Back to Move Forward

This Week's Tasks

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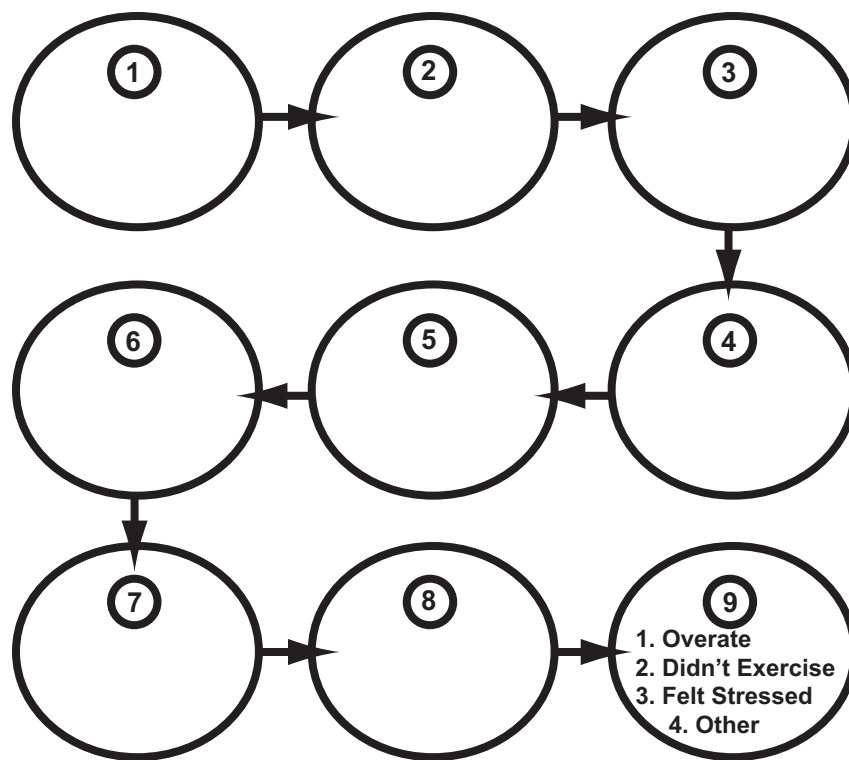
This Week's Activities

- » Breaking Through the Barriers
- » Making an Action Plan
- » Chat with Kristina Spellman Wednesday, August 26 at 1 p.m.

Activity 1: Personal Behavior Chain

Looking into the Past

- » Look at the last bubble. Start by choosing a negative behavior that you have experienced in the past. A few examples have been provided. Working backwards, go as far as you need to in the behavior chain filling in the behaviors that led to the final result you choose.





Fill in the behavior chain above. Brainstorm ways that you could have broken the chain at each link:

Link 1: _____

Link 2: _____

Link 3: _____

Link 4: _____

Link 5: _____

Link 6: _____

Link 7: _____

Link 8: _____

Link 9: _____

Activity 2: Make an Action Plan

Plan for Your Next Goal

- » Once you have identified your problem area, brainstormed strategies and picked one to try, it is time to commit the action plan to paper. When setting goals it is important to be specific.
1. **What you plan to do:** “I will eat breakfast.”
 2. **When you plan to do it:** “Right after I take my shower in the morning.”
 3. **What is necessary to complete the goal:** “Go to the store and get a cereal I like.”
 4. **Roadblocks to plan for include:** “Not leaving myself enough time in the morning, getting bored with the same breakfast, not feeling hungry.”
 5. **Ways to get around the roadblocks:** “Giving myself 10 extra minutes in the morning, getting a few cereal choices (one hot, one cold), curbing my night snacking.”
 6. **Who you will get support from:** “I will tell my coworkers about my goal and ask them to keep encouraging me.”
 7. **How you will reward yourself (non-food):** “I will buy that new cd I really wanted.”

Create Your Action Plan

An area that I would like to work on is: _____

1. What I plan to do:
2. When I plan to do it:
3. What is necessary for me to complete the goal:
4. Roadblocks to plan for include:
5. Ways to get around the roadblocks include:
6. I will get support from:
7. I will reward myself with/by: